

# Growing Healthy Families



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Vermont Department of Health • 1-800-649-4357  
[www.healthvermont.gov](http://www.healthvermont.gov)

## Save money with your WIC Fruit & Veggie Card

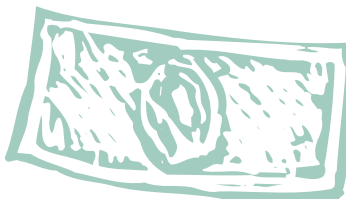
By using your WIC Fruit & Veggie Card you will save money on fruits and vegetables for your family.

The WIC Fruit & Veggie Card can be used at authorized supermarkets, food co-ops and local grocers that display the WIC sign. For a list of current stores, visit [www.healthvermont.gov/wic](http://www.healthvermont.gov/wic).

### Tips to save the most money:

- Buy fresh produce in season or in bulk to get the most for your WIC benefit.
- Use coupons or buy store brands for frozen or canned fruits and vegetables.
- Remember to use your benefit before the end of each month.

Be sure when using your WIC Fruit & Veggie Card to only use it at authorized stores so that your family won't lose its WIC benefits.



SEPT.

OCT.

## Still have Farm to Family coupons?

Use your Farm to Family coupons before they expire on October 31. Some markets begin closing in late September so go early to stock up on winter squash and apples! You can cook and freeze for later use.



## WIC food vendor corner

There is a new way to get your signed POD (Proof of Delivery) to your WIC vendor! You can scan your signed POD and attach it to an email and send it to your vendor. Of course, you can still leave it out on the first delivery of the month, or you can return the yellow form he leaves if you forget to leave out your POD, or you can call your local WIC office to have your back up POD sent to your vendor.

## New foods

There will be times when your child wants to eat the same food again and again. Some children ask for a peanut butter sandwich at every meal, eat only corn or green beans for vegetables, or seem to only like chicken nuggets or hot dogs.

These are normal behaviors for small children. They are learning about new foods — some foods they like and some they don't like. Sometimes when they find a food that they like, they may want the same food every day. Children often ask for foods that they like and are comfortable eating.

Trying new foods can be scary for young children. New foods can look and smell different to your child. They probably have tasted foods that they did not like. They may be afraid to try new foods. Help your child learn to enjoy new foods:

- **Offer new foods often**

Your child will become more comfortable trying new foods.

- **Enjoy new foods**

Children will copy what their family and others do. Let your child see you enjoying new foods.

- **Don't force your child to eat a new food**

Forcing will only make children afraid of new foods.

- **Make tasting new foods fun**

Talk about the new food. Pretend you are tasting the new food for the first time.

- **Serve new foods with familiar foods**

- **Offer a variety of foods at meals**

Children tend to try new foods when there is a variety of foods served at a meal.

- **Be patient**

Your child's likes and dislikes will change.

Remember, your job as a parent is to offer a variety of healthy foods. Your child's job is to decide what and how much of what is offered he will eat.



## Winter squash

The end of summer brings the harvest of winter squash.

Winter squash are rich in vitamin A and fiber. They are also good sources of vitamin C, niacin, phosphorous and potassium. Winter squash is a great vegetable to include in your family's diet.

Winter squash come in all shapes, colors and sizes. The most popular are Acorn, Butternut, Buttercup and Hubbard. Enjoy a variety!

## clip & save recipe!

### Spiced squash

Serves 6

#### INGREDIENTS:

- 2 small acorn squash
- ½ cup brown sugar
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 1 tablespoon butter
- ½ cup raisins



Cut squash in half and remove seeds. Combine brown sugar, cinnamon, nutmeg and butter in small bowl. Spoon mixture into each of the squash halves. Sprinkle each with raisins. Place squash in baking dish with ½ inch of water. Cover with foil and bake in 375° oven for 40 to 60 minutes or until tender.

Nutrient analysis per serving: Calories 190; Protein 2 grams; Carbohydrate 43 grams; Fat 2 grams; Sodium 30 milligrams; Fiber 3 grams

## Let's go out to play!

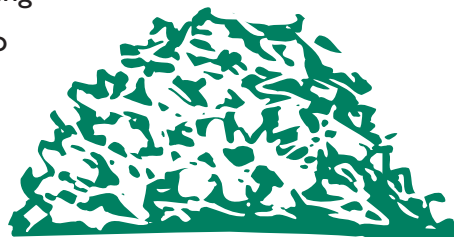
Children love to play outside. Fall is a great time for the whole family to go outdoors and enjoy all that the season has to offer.

Children can help around the yard, such as helping to rake leaves. The best part will surely be jumping in the leaves when you're done!

Fall is a perfect time for family walks. Watch for the trees changing colors and the small animals gathering up food for the winter. Listen for the leaves crunching under your feet and the flocks of geese flying south.

Find out about hiking trails in your area by visiting the Vermont Living web site at: [www.vtliving.com/hiking](http://www.vtliving.com/hiking)

Visit local apple orchards and pumpkin patches to pick-your-own — what a fun outing for the whole family! Find local pick-your-own farms at the Department of Agriculture's website: [www.state.vt.us/agric/pyown.htm](http://www.state.vt.us/agric/pyown.htm)





## In this issue:

- **Save money with your WIC Fruit & Veggie Card**  
Learn how to save money with your new card at participating grocery stores!
- **New foods**  
Tips for how to help your young child try new foods.
- **Let's go out to play!**  
Enjoy what's fun about being outside in the fall.
- **Winter squash**  
Many varieties of winter squash are in season now.
- **Featured recipe:**  
Spiced squash

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